

Local Jazz on the Upbeat

By Dan McLoughlin

San Franciscans like to think they're cultured, or at least that the amenities of civilized life are there for the asking. The number and variety of stage productions is exceptional, as a glance at the Sunday pink section will tell. Classical music buffs can soothe their ears at the Old First Church or the Conservatory of Music, not to mention the Opera House and numerous other highbrow haunts. Even stand-up comedy, a fairly specialized aspect of the cultural spectrum, is performed in half a dozen San Francisco clubs.

But jazz, one of the few indigenous American art forms, has been less available here, for both performers and listeners. Although the Bay Area is second only to New York in per capita sales of jazz recordings, most of this attention is focused on musicians with a national following. For instance, at Keystone Korner, probably San Francisco's best known jazz club, only Monday nights are reserved for local talent. The scene is changing, however, and opportunities for local performers and audiences are becoming more abundant and varied.



Singer Bobby McFerrin and wife Deborah have a couple of important dates lined up for June: a trip to New York for Bobby's appearance at the Newport Jazz Festival, and the expected arrival of their first child.

One of Noe Valley's contributions to this upsurge is a young singer named Bobby McFerrin. Supported by percussion, bass and piano, McFerrin uses his voice like an instrument and scales octaves with the dexterity of a synthesizer, yet with a soft and often passionate touch. When he performs, one gets the feeling that something unusual and special is in progress.

I visited Bobby and Deborah McFerrin in their home on Sanchez Street. He is a slender man with a soft-spoken manner that sometimes masks his enthusiasm for music and for life. He speaks carefully, often using long sentences that double back on themselves and help to make his humor both unpredictable and dry.

"You grew up in Manhattan?"

"Well, I grew up there till I was about seven years old, then we moved to California."

"I love to sing and I love to be adventuresome. It's like the thrill of your first hang-gliding experience, standing on top of a mountain and getting ready to jump off—you've got

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VOL. V, NO. 2

MARCH, 1981

THE NOE VALLEY VOICE

7 Assaults Since November

Community Confronts Rape Menace

By Sarah Smith

For the past few months, women who live in normally tranquil outer Noe Valley have been under siege by a "hot prowler" rapist. That's the police term for the type of "vicious, crazy individual" who enters a home or apartment in the late night or early morning hours, blindfolds his sleeping victim, and rapes her at the point of a knife or gun, according to Lieutenant Jack Danon of the department's Sex Crimes Detail.

There have been at least five rapes or attempted rapes involving the "hot prowler" modus operandi since November: two in the 600 block of Dolores Street, one on 30th near Dolores, a rape attempt on Chenery Street near 30th in late January, and a fifth attack Feb. 10 two blocks away on Whitney Street.

In the last incident, a 24-year-old man, identified as Kenneth Burton, was apprehended after he surreptitiously entered the bedroom of a young woman

and, brandishing a knife, tried to assault her. Her screams awakened her father and two brothers, who subdued and detained the attacker until police arrived.

Burton, a Chenery Street resident, was arrested and charged with attempted rape, aggravated assault and burglary in the Whitney Street case. He has since been charged with the 30th Street and Chenery Street assaults, also.

"We feel now we have a suspect that is responsible for some, if not all, of the rapes," said Inspector Robert Huegle, one of the investigators in the case.

Noe Valley residents might have breathed a little easier had they not learned of another rape that occurred a few days later on Feb. 13, this time in the vicinity of 26th and Castro Streets. A man police described as 26, 5'10", 160 pounds, followed his victim from a 24th Street shop and, threatening her with a knife, dragged her into a garage and assaulted her. Police said they had

no suspects in the case.

As word of the assaults spread through the neighborhood, local residents swiftly mounted a counter-offensive. They posted warning signs and made plans for a community meeting March 9 to discuss ways to combat the rising incidence of serious crimes in Noe Valley.

Speakers from San Francisco Women Against Rape and the police department's SAFE Project have been lined up for the meeting, to be held at the Noe Valley Library, 451 Jersey St., 7:30 p.m.

Miriam Blaustein, head of the newly formed Neighborhood Safety Committee of the Friends of Noe Valley which will sponsor the event, encourages all members of the community—men as well as women—to attend.

"People need to be aware of what's happened and learn the methods of

Continued on Page 2

Citizens' Panel To Mediate Local Disputes

By Bill Yard

Suppose a man on Jersey Street repeatedly parks his car in a neighbor's driveway. What should the neighbor do? Kill him?

Although such an incident may seem ludicrous, last year two San Franciscans were indeed shot and killed during disputes over improperly parked cars in residential neighborhoods. How to avoid this senseless bloodshed? The Community Board Program suggests that the best way is to present your case before a panel of your peers.

Now in its third year, the program has organized two citizens' groups—in Bernal Heights and Visitacion Valley—which mediate common disputes over parked cars, barking dogs, noisy neighbors, irresponsible landlords (or tenants),

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Spruce up the Streets: Plant a Tree

Quick. Name the next big holiday on your calendar. It's an American original, and was a favorite of Ladybird Johnson and her Beautify America campaign.

If Arbor Day, March 7, continues to slip your mind, it won't be the fault of John Hooper, chair of the Friends of Noe Valley Treeplanting Committee. On that day, he and a crew of neighborhood volunteers will install 28 to 30 young trees in an area bordered by Castro, 21st, Church and 24th Streets. "We hope this will be the beginning of a continuing project here," he said.

Hooper and co-coordinator Mindy Kershner invite the entire community to take part in their demonstration of ar-

boreal ardor. "Trees are very important not only aesthetically, but in cleansing the air, moderating the temperature and soaking up noise," says Kershner. "We'd like to see people joining together to plant and to maintain existing trees."

The Friends of the Urban Forest are the chief benefactors of this shady enterprise, the first such project the new San Francisco foundation has attempted. Trees donated from various nurseries include acacia, bottlebrush, California Pepper (a willow-like evergreen), and several ornamental fruit trees.

"The most tiring part of this is getting signatures from property owners on a form the city requires," Hooper

said. "But many of them (the owners) and their tenants will be helping plant."

The work crew can still use more able bodies to pitch in on the landscaping effort, and Hooper is asking everyone to meet at 897 Noe St., 8:30 a.m., March 7. Equipment such as shovels, picks, mallets, buckets and hoses are needed, and the ever-popular owner of a pick-up truck is sought to make three or four short trips to bring the trees to their new homes.

If you would like to see some more greenery on your block, Hooper would appreciate hearing from you. He would also like help in fundraising efforts, including donations and grantwriting assistance. Call him at 648-3557. □



Rape Menace...

Continued from Page 1

thwarting an attack," she said.

She hopes participants will come up with some positive steps toward making the neighborhood a safer place. "We can't be afraid to get out on the streets. We have to walk, to be out there and not be intimidated, and this would be a deterrent to crime."

Those interested in joining her committee or helping with plans for the meeting can contact Blaustein at 648-0992. □

EDITOR'S NOTE: At presstime, the Voice learned that a man had been arrested in connection with a break-in and rape that occurred Feb. 21 in the neighborhood of 21st and Eureka Streets. On the day after the attack, the victim received a note of apology from her attacker and a request that they meet again. Working closely with police, the woman arranged a meeting for the following Tuesday, Feb. 24, at the Noe Valley Bar and Grill. When the suspect arrived, police moved in and made the arrest. Charged with rape, burglary and assault with a deadly weapon is Harold Younce, 21, a merchant seaman from New Orleans. Police said there appeared to be no connection between this case and the Feb. 13 attack.



Illustration by Susan Koen

Take Back the Streets

Would-be rapists may find Noe Valley a discouragingly prepared neighborhood as women here become more aware of their ability to defend themselves against assault.

To increase your chances of avoiding rape:

- Be alert while walking when there are few people around.
- Arrange for a ride or escort when you travel after dark.
- Don't hitchhike. Also, women who drive should make an effort to pick up other women they see still practicing this high-risk activity.
- Know your neighbors. A plea for help may get quicker results if the people next door know you. (Be alert to the shrill sound of a whistle, too. You may be able to help someone else in distress.)

• Lock your doors and windows. These barriers can give you time to escape, call for help, or defend yourself.

• Report the assault or harassment, if attacked. In case of emergency, call the San Francisco Police at 553-0123.

• Become aware of and exercise your physical potential. Many local groups offer classes in self-defense.

For counseling, general information, assistance and self-defense training, call any of the organizations listed below:

Sexual Trauma Center (City Health Department)	558-3824
S.F. Women Against Rape	647-RAPE
Women's Needs Center (Haight-Ashbury Clinic)	621-1003
Haight Switchboard	621-6211
Women's Protection Program (San Rafael)	924-2100

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Citizens' Panel...

Continued from Page 1

and domestic problems, before such quarrels provoke police response, legal difficulties—or violence. These boards have proved so successful that plans are underway to create two more—one in the Mission District and one in Noe Valley.

The Community Board Program has assigned staffer Al Williams, former candidate for supervisor from the late District 5 and current president of the Haight/Fillmore Neighborhood Association, to organize the Noe Valley board.

On March 26, Williams will host a reception and open house for the Noe Valley community to present the goals and procedures of the program. It will be held at James Lick School, 1220 Noe St., starting at 7:30 p.m.

Williams has already begun to canvass neighborhood groups and look for an assistant to help get the local ombudsman project off the ground.

On Feb. 12, he spoke to the Friends of Noe Valley, seeking their endorsement for an "ad hoc advisory group" to oversee the establishment of the local board.

The Friends gave their blessing, and Williams hopes that they, along with other local organizations including the Noe Valley Merchants Association, the East and West of Castro Improvement Club, and various churches in the valley, will assist in forming the transitional body.

Williams would like to recruit 50 to 75 local participants for the project and settle into permanent offices by May. Board volunteers will not only do casework, outreach, and administrative tasks, but also form the mediation panels that are the heart of the Community Board Program.

How do the mediation panels work? Typically, Williams explained, their office gets a call from an irate resident. Perhaps his landlord is threatening eviction, or his neighbor's dog barks until 4 a.m., or the kids who live across the street use his steps as a tavern.

Often, Williams noted, "they want us to solve the problem," but the board's purpose is only mediation. The board sends a representative to the target of the complaint, who must agree voluntarily to discuss the problem.

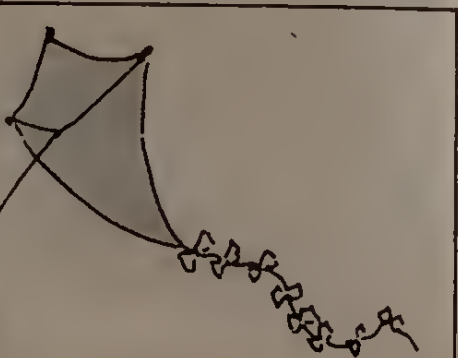
Then the board taps its pool of participants for four or five panelists, with an eye toward reducing any intrinsic bias in the dispute. For example, if one party is black and the other white,

the panel might consist of two whites, two blacks, and an Hispanic member. For this reason, the project seeks members from among all types of Noe Valley residents: male, female, young, old, straight, gay, blue-collar, professional, and various ethnic backgrounds.

Finally, a hearing date is set, and, before the panelists, the disputing parties try to work things out.

The Community Board Program, funded by what Williams described as a "hodgepodge of corporations," uses no public tax money in its operation. Since they were started three years ago, the Bernal Heights and Visitacion Valley offices have defused several hundred disputes, eliminating the need for other taxpayer-funded services (police, social services, courts, etc.) to intervene, he said.

Although the Noe Valley branch will initially include the region from 22nd to 30th Street and from Grandview to Dolores, plans call for its expansion into Eureka Valley once the program gets rolling. □



A HOLIDAY

Fishers cut bait, bakery's closed, saxophones silent, one kite aloft in all the sky, pastel, cool, unscheduled, a holiday incubates questions in me. Where do we go from the ocean's edge?

Marion Kimes
2/16/81

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Gays/Latinos Move To Defuse Violence

By Melinda Breitmeyer

When gay and Latino leaders met recently to discuss ways to combat crime, the consensus was that anti-gay violence is not exclusively or even especially a Latino problem.

Even so, in view of heightened friction between the two populations, they went ahead with plans for a program of cooperative patrols, aimed at reducing attacks on gays by youths in the Mission and Castro communities.

Called Community Assistance Teams, or CAT teams, the new gay/Latino patrols will be co-sponsored by the largely gay Community United Against Violence (CUAV) and the Centro de Cambio (Center for Change), a Mission District youth agency.

The CAT program, which is scheduled to begin operation by early summer, will be modeled after the gay patrols currently run by CUAV in the Castro District. For the last year and a half, two to four teams of four persons each have monitored the area on Friday and Saturday nights from 8:00 to midnight. Members of these patrols carry no weapons, but rely on their presence and numbers to discourage criminal acts.

To test the feasibility of cooperative patrols, the leaders of several Mission District youth organizations have accompanied the gay teams in recent months.

Bob Parruli of Centro de Cambio is hopeful the joint patrols will give Latinos a chance to experience, many for the first time, what street life is like for gays, and therefore encourage understanding. "You could give a seminar on homosexuality, but that's a Bandaid kind of thing. You have to actually work along with someone to find out exactly what's going on, to know the reality."

Outside of a handful of leaders, the Mission community at large has not participated in the cooperative patrols. "We still have to do a lot of solid education, a lot of demystification," Parruli said, to prepare Latinos to join the teams. He added that applicants would undergo a screening process before being selected for the CAT patrols.

Parruli hopes the cooperative teams will also help gays develop a sensitivity to the repercussions their life-

styles can have on an established community. "There are people here in the Latin community who are going to be here forever. The Castro area is a transient area. What they institute there, they don't have to live with forever, but other people do."

Parruli said the patrols should in no way be viewed as roving vigilantes. The main purpose of the CAT program as he sees it is "to allow people to talk together, to work together."

Dick Stingel, chair of CUAV, echoes that sentiment. "You don't say vigilantes without visions of people hanging from lampposts." He said the first priority of the gay patrols was to stop an assault and aid the victim, not to capture the attacker.

Stingel's patrol program has drawn substantial community support over the past 18 months, and he is hopeful that the CAT teams will eventually spread to the rest of the city. "If we do the job we set out to do, then I think we can get interest from other areas, and from people who are concerned with general safety on the streets." He added that CUAV currently had plans to extend its gay patrols to the Polk Street area.

Both gay and Latino leaders have criticized the media treatment of anti-gay violence in San Francisco. They say the news coverage has exaggerated the threat of a gay/Latino confrontation, while ignoring the "field trips" to gay areas of violence-prone youths from the suburbs and outlying districts of the city.

Statistics recorded by CUAV show that only a small percentage of gay victims of violence in the city identify their attackers as Latino.

Nevertheless, in hopes of relaxing tensions between their two communities, other Latino and gay groups are signing up to participate in the CAT program. Among them are Horizons Unlimited, a youth employment counseling program; the Real Alternatives program, which works with youths in the juvenile justice system; and the Butterfly Brigade, a group which distributes whistles as an aid to self-protection.

Further information about the program can be obtained from Centro de Cambio, at 641-1994, or CUAV, at 864-8347. □



This beautiful vista at 27th and Castro may not be available to you in the future—unless you can afford one of the condo dwellings proposed for the site. Shrinking open space has got neighbors stirred up.

On a Clear Day

You Can See Condos Forever

By Sheila Downey

All that the people of upper Noe Valley ask to keep their neighborhood livable is a little open space, an occasional scenic view, and a place to park. Apparently, this is too much.

On Jan. 22 the San Francisco Planning Commission approved construction of three condominiums of three units each for landlord-builder Angelo Sangiacomo. The four-story, 40-foot-high structures will arise from the empty lots on 27th Street just east of Castro. This lot borders on a city-owned open space.

Neighborhood groups like the Duncan Street Action Committee, which worked to set aside the open space in 1977, are not thrilled with the commission's decision.

"This is a double dead-end," said member Evelyn Martin. "If he builds that thing on 27th Street, that will eliminate most of the view from up here. It will make the open space useless. It's only going to get worse because the neighborhood's not fully developed."

Resident groups have been working for years to protect their neighborhood from high-density development, but, as one person put it, "we got screwed."

There are still a number of vacant lots open to construction in the Duncan-Castro Streets area. In January another three buildings were proposed at the Duncan-Castro Triangle, a few hundred yards from Sangiacomo's property. The plan was initially rejected by the Planning Commission, but will be resubmitted on appeal.

To local residents, high-density development in this part of Noe Valley presents a triple-edged sword. Compounding the height and space problems

is that of traffic congestion. Because three streets, Duncan, Army and 27th, end in cul-de-sacs, they have only one-street access. More housing will mean more cars and more traffic problems in this area, which Barbara Francisco of Duncan Streeters already considers an "automotive cesspool."

Though the height limit in upper Noe Valley is 40 feet, Angelo Sangiacomo is thinking of appealing that limit to build even higher, according to Paul Rosetter of the Planning Commission. If he does, there will be fierce opposition from groups concerned about infringement on the open space.

Sangiacomo is no stranger to controversy. Two years ago, his rent hikes on several other San Francisco properties were so steep that residents demanded and eventually won a city rent control measure. Way back in 1961, he built an apartment complex at 1310 Clayton St. that was three feet higher than allowed. At the insistence of the Planning Commission and neighbors, he finally agreed to take off the top story. □

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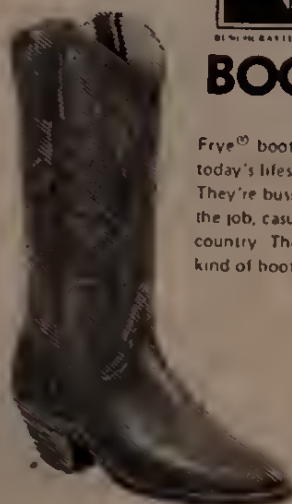
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Miriam Blaustein: The Once and Future Activist

By Joan Borus

Miriam Blaustein is proof that getting older needn't be a bleak, empty process. "My life is full; in fact, it's fuller since I retired," she declares. At 67, an age when most people are thinking about slowing down, the indefatigable Friends of Noe Valley vice president is busier than ever.

A Noe Valley resident for 10 years, Blaustein lives in a modest apartment on Army Street. Its decor reflects her interest in economy and conservation. "All the artwork you see was donated, and a young, unemployed bassoonist made three bookcases for me between auditions for under \$25," she says proudly. Aside from the stove gas burner, "I never turn on the heat."

Blaustein does most of her shopping at the 29th Street food co-op. Over a cup of the store's black currant tea, she discussed some of her pet projects.

Blaustein, whose activities and interests would fill the pages of this newspaper, likes to tell people she first became an activist at age 11 when she joined the Girl Scouts. "To be part of the community in a constructive way" has always been her goal.

Two years ago, Blaustein retired from the University of California Medical Center where she had worked in the Medical Records Department for 12 years. Feeling that she was "sort of shunted out" of that position led her to join the Gray Panthers, a nationwide seniors advocacy group, whose founder, Maggie Kuhn, had had a similar experience.

"America is the only country to shelve its elders," Blaustein says. The Gray Panthers see aging as a natural part of the total life process, and their motto is "youth and age together in action." Many of Blaustein's projects, both formal and informal, are based on what she calls "intergenerating"—creating a setting where older and younger people work hand in hand.

Because of her experience in medicine and nutrition at U.C., Blaustein decided to become a member of the Panthers' Health Committee. She focuses her talents on creating nutritious, easy-to-prepare meals for people on limited budgets. Her cooking philosophies lean toward the principles expounded by Frances Moore Lappe in *Diet for a Small Planet*. They emphasize two-burner preparation since many older people have no more than a hot-plate for a stove.

"We've come up with some fantastic things," she says, including a complete dinner for eight at a cost of 41 cents per person, and a 50-cent omelette. Once a month, she conducts a cooking class at the Panther offices, located at 944 Market St.

In addition to her work with the Panthers, Blaustein appears as a speaker for student audiences, often discussing the stereotypical images of seniors in the media and answering questions about what it's like to get older. "About the only difference I feel is that my knees don't bend like they used to," she claims.

Blaustein is also engaged in setting up a tutorial program at James Lick School that would involve seniors working with students. "It would be a good way of transmitting other practical skills," she says. "For example, so many girls today grow up not knowing how to knit, something older women grew up learning, that it's in danger of becoming a lost art."

"We underestimate what young people can contribute to the community," she continues. "There is an important place for them." Blaustein would like to see Friends of Noe Valley sponsor projects involving students, such as

neighborhood treeplanting or clearing Lick's courtyard walls of graffiti.

Active with the Friends since its inception eight years ago, Blaustein feels that the group's advocacy of special use zoning for 24th Street has not had the impact members had hoped for. "It (special use zoning) is being violated all the time. People get around it some way."

"Overdevelopment of Noe Valley frightens the hell out of me," she adds. "Money is being planted here and taken out without any real commitment to the neighborhood." She thinks that, ideally, owners of 24th Street businesses should be neighborhood people and send their children to local schools "so that they have an involvement here."

"I'd like to see Noe Valley keep its uniqueness. It's one of the few remaining real neighborhoods where people connect with each other. It's a neighborhood community in the best American sense."



Photo by Irene Kuhn

Though she left her job at U.C. Medical Center two years ago, Miriam Blaustein is a long way from retirement. The 67-year-old grandmother is an active vice president of Friends of Noe Valley, a member of Gray Panthers, and a constant inspiration to her friends and neighbors in the community.

Miriam Blaustein loves to eat and eat well. Although it takes some ingenuity to do both on a fixed budget, Blaustein has managed to design a nutritious and ample menu that even includes meat.

Her tiny kitchen is well stocked with herbs, teas and spices. She frequently blends her own combinations of spices to replace salt or other condiments. Many of her recipes favor aromatic mixtures that not only add zest to the food but make the whole house smell warm and inviting. Here is a recipe that does both.

Miriam Blaustein's Five-Spice Chicken

"Everybody buys chicken, right? I buy it only when it's 59 cents a pound. I buy seven and freeze the ones I don't use. I skin them all and cut them up into separate pieces. I put all the pieces in separate plastic bags, except for the parts I'm going to be using immediately."

I sautee onions and fresh ginger in oil, then I lift it out and brown the chicken in the oil. I use safflower oil, but it doesn't matter.

When the chicken is brown, I throw back in the onion and ginger. Then I cut up (or crush with a garlic press, which is even better) some garlic. I use lots. For one chicken, I use at least three cloves.

In a cup, I combine soy sauce and sherry wine (I use vermouth if I have it). Then I mix together five spices—fennel, star anise, cloves, pepper and cinnamon—and add this to the wine/soy sauce mixture, and pour over the chicken.

Cover tightly. (If you've got a deep, domed lid, this is ideal.) Simmer three-quarters of an hour and serve over rice.

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Illustration by Kiti Cameron

Writers Challenge a Right-Wing Future

By Steve Steinberg

Fear of the rising tide of conservatism in America prompted Bay Area writers to converge on Noe Valley last month for a two-day conference.

Held at the Noe Valley Ministry Feb. 21-22, the caucus was titled Left Write and billed as a "unity conference of writers on the left."

According to conference organizer Denise Kasten, the meeting was called to discuss ways of combatting "the growing threat of neo-conservatism" in this country. Kasten, a poet, critical writer, and director of Small Press Traffic, a bookstore on 24th Street, said many of the nation's various writing communities—gay, feminist, ethnic—might come under "attack" by right-wing forces over the next few years.

The conference also addressed such related issues as racism, funding cuts to the arts, the anti-abortion movement, and the implications of groups like the Moral Majority.

More than 75 writers and poets participated in the conference, which was divided into panel discussions and workshops. Over 200 people from the general public also attended.

The writers conference was largely the brainchild of San Francisco poets Steve Abbott and Bruce Boone, but many Bay Area poets and writers joined in the effort. The Zellerbach Foundation also supported the conference with a grant.

John Curl, a conference coordinator, said it provided an opportunity for progressive writers to come together and unify against a potential resurgence of McCarthyism. Curl stressed that writers had been fragmented into separate cultural communities during the seventies. This fragmentation prevented the formation of any cohesive writers movement, he said.

Curl added that Reagan administration budget cuts which reduce or eliminate progressive programs might cause "desperation" among those affected. He said it was up to the writer to prepare the "intellectual and verbal groundwork" that will enable people to resist social regression.

William Mandel, noted writer and commentator on Soviet affairs and a participant in the conference, echoed Curl's remarks.

"Writers as a group will play a bigger role in this country than they

have ever played," he said.

Mandel, who was blacklisted during the McCarthy era and called before the House Un-American Activities Committee in 1960, feels there is a strong desire among writers to respond to the "reactionary mood" of the Reagan administration. He also expressed concern that a great many small publications might be harmed by proposed cutbacks in government funding.

Mandel hopes the convention will be the forerunner of an interarts political and cultural organization such as the John Reed Club, popular during the 1930s.

Kasten makes a similar wish. "We really want some long-term projects to come out of the conference—magazines, study groups, the formation of a writers union." □

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Home Health's Mortgage Crisis

Senior Center in Danger

By Peter Magnani

The San Francisco Home Health Service—a local center dispatching services for senior citizens and convalescent patients—is facing foreclosure and shut-down unless it comes up with a way to meet its \$10,000 monthly mortgage payments.

The 23-year-old organization bought its large red brick building on 30th Street near Church in 1979. Since then, it has operated a multi-purpose senior center, provided nurses for in-home care of convalescents, and prepared hundreds of low-cost, high-quality lunches for daily distribution to senior programs throughout the city.

So far, the organization's mortgage payments have been made by gifts from United Way and private foundations. But that money is used up, and new funding sources have yet to be found to meet the March payment.

"Everybody seems to be looking at some other agency as responsible," laments Hadley Hall, director of the service. "The foundations think it's the government's responsibility. The government doesn't fund us because of Proposition 13. And the corporations say they have no money."

Marion Hewitt, who's in charge of the senior center, says money has been requested from the State Nutrition Emergency Fund to make the March payment. But, even if that is taken care of, she warns, it's too risky and time-consuming to have to seek money to make the payments each month.

According to Hewitt, the service hopes to get enough money to pay the mortgage until June. From now till then, Home Health will try to arrange for a

government agency to put up the \$750,000 needed to purchase the building for permanent use. Otherwise, she says, the building, a former convalescent hospital, could get sold out from under them, and one of the city's most versatile and successful senior facilities could be razed for condominiums.

Hewitt praised officials from the city Board of Supervisors and Commission on Aging for lending support, and said help had also come from Assemblyman Art Agnos and Congressmen John and Phillip Burton.

"But we need community support to keep it going," she stressed. "And we want to let people know it's a vital part of their community."

Many seniors, at least, have gotten the message, judging from the lively scene that awaits visitors to the second floor of the building. In the bright, sunny social room, card games are in progress,

and dominoes are clattering. A woman is pouring her soul into the piano. Small conversations are buzzing here and there, and a few people sit quietly by themselves, perusing the latest issue of *Tiempo Latino*.

Rooms lining the building's periphery, which once housed bed-ridden patients, have been converted into classrooms. Spanish-speaking people are learning English, and English speakers are learning Spanish, in community college classes open to people of all ages. Classes are also taught in sewing, ceramics, Peruvian weaving, calligraphy, guitar-playing, and cloth flower-making.

One room houses LANSACA, the Latin American National Senior Citizens Association; another contains the International Geneva Association, a self-help group. There is a smoking room with a TV, and a gaming parlor where a lively session of *Loteria* can usually be found.

Outside, in a large yard protected from the wind and the street, various people have picked out plots for personal

gardens. Here, Ed Cullinane, who worked most of his life as a master chef, grows the flowers and vegetables he doesn't have room for in his Tenderloin apartment.

At lunchtime, Cullinane is down on the first floor, in the spacious lunchroom, manning the steam table. "A lady friend just told me about this place one day, that I could have a garden here," he says. "I've been coming here and volunteering ever since. I don't know what else to do."

About 150 center regulars purchase the 65-cent meal tickets at the center every day. Hundreds more meals are trucked to other centers, in a program established by federal legislation to provide nutritious, low-cost meals to seniors.

What's so special about the 30th Street center, according to senior Kay Santori, is that it's open every day, including weekends and holidays. "Most places are closed for weekends, but we need to eat every single day," said Santori, who works as a volunteer hostess in the lunchroom.

"This way I'm not stuck at home," she continued. "I've got three kids and six grandchildren who don't want me around. They've got their own friends and their own problems, and I have mine. This place keeps me young."

Graciela Cashion, chairperson of LANSACA and head of the senior advisory board that charts policy for the center, will fight to keep the facility.

"We wanted to make this a real nice place, because we deserve that, after working all of our lives," she said. "We have to keep the senior center here, because we worked so hard to get it here. People cried so hard the other day: 'Are we going to lose the building?' We told them, 'No, we're never going to lose it,' and we aren't."



Photo by Peter Magnani

The lunch-time conversation at Home Health Service on 30th Street near Church, has turned to how the community can raise the funds to pay a whopping mortgage. The multi-use center serves seniors best who vow they'll fight to keep it open.

Milk Center
Evaporates—
Pride Inc.
Takes Over

By Rob Miller

District Five residents can stop waiting for the Harvey Milk Community Center. The long anticipated memorial to the late city supervisor and gay activist has been indefinitely forestalled.

This does not mean that no constructive purpose has been found for the \$375,000 in federal Housing and Urban Development (HUD) funds that Milk had helped obtain and shepherded through the city bureaucracy. The Pride Foundation, a local gay advocacy organization, has received the go-ahead from the mayor's office to use the money to buy a building in the Western Addition. The facility will house a neighborhood center serving all people in the area, but emphasizing the needs of the black and gay populations.

Until recently, the mostly likely candidate for the HUD money was the Harvey Milk Neighborhood Center, Inc. (HMNC), an organization founded a little over a year ago and centered in the Castro District.

In February of last year, the mayor's office gave the fledgling organization an opportunity to devise a plan for using the community center funds in the late supervisor's own district. HMNC was given four months to come up with the right combination of concept, location, and community support.

The group encountered snags from the start. Several tentative sites for the center either failed to conform to HUD

guidelines or turned out to be too costly. But perhaps the greatest obstacle was reaching a consensus among all parties involved on the nature of the proposed community center. HMNC had received vigorous support for a facility that would focus primarily on gay community services.

HUD, however, stipulates that its funds go to facilities that will serve all the low- and moderate-income residents of a given area. HMNC could not conform to the HUD concept without losing its local contributors, and faced the prospect of forfeiting the 375,000 in federal dollars if it stuck to its original idea.

The group found itself in a clear bind, and, in the absence of an attractive site, decided to withdraw from the competition for the funds.

The mayor's office then turned its attention to the Pride Foundation, an eight-year-old organization that had expressed interest in setting up a neighborhood center when money first became available. In late September Pride found a location and submitted an acceptable plan to HUD through the city.

Tom Sprecht, project coordinator for Pride, says the new facility, to be called Pride Center, will be located at 850-890 Hayes St. and should be open for business in six to nine months.

"There is still a lot to be done," he added. "The HUD money is only the first step. We'll need another \$300,000 for renovation and operation, as well as the active participation of groups and individuals in the area."

Members of the Harvey Milk Neighborhood Center, Inc., which has suspended operations, have met with the Pride Foundation and expressed interest in helping with plans for the Hayes Street center. Tom Sprecht, or Pride Foundation President Del Dawson, can be reached at 863-9000.



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By Robert W. Shurtleff

—Noe Valley Safe—For Now—

More Library Cutbacks

The San Francisco Library Commission met on Friday the Thirteenth of February, so the "unlucky" news came as no big surprise. The commissioners sat stone-faced as library staff recommended shortening the Main Library schedule from six to five days a week, eliminating the Business Library on Kearny Street, and closing eight of the city's 26 branch libraries. The Noe Valley Library is not slated for closing under this plan, but the Eureka Valley branch would be lost.

Every year as spring approaches, city departments prepare budgets for the coming fiscal year. In the three years since Proposition 13, city revenues have been uncertain and dwindling, so the mayor has asked for contingency budgets based on her best guesses as to how much money will be available.

This year the library was asked to plan budgets based on 91 and 80 percent of last year's \$8.4 million appropriation. Even the higher budget, \$7.6 million, would force the commission to disman-

tle much of the library system and require the closing of eight branches.

To cut almost one-third of the branches might seem an extreme response to only a 9 percent drop in funding. But that 9 percent comes on top of the current 11 percent inflation rate. Inflation alone would impose cuts.

Furthermore, the library is losing staff members formerly paid through the federal CETA program. Less than two years ago, there were 78 CETA employees in the system, representing a \$1 million subsidy to the library. Two-thirds of those employees have been lost already, and most of the remainder are due for termination within a month. If Reagan gets his way, the entire CETA program could be shelved within a year.

The 91 percent budget proposal would shut down the entire library system one day a week, probably Mon-

day. This would cut one day from the schedules of the seven branches now operating six days a week, including the Mission branch. Two branches, Glen Park and Bernal, would lose the services of their librarians and become reading centers, joining four branches that were converted last year.

Devastating though they appear to be, these service cuts represent the best-case scenario. No one has even speculated about what a 20 percent budget cut would mean. In that case, the Noe Valley branch might be threatened, since more branches would be closed and Main Library hours cut even further.

The proposed cuts are not inevitable, however. Last year at this time drastic cuts were forecast for the system and the Noe Valley branch was scheduled for closing. But Keep Libraries Alive, a local library support group, organized neighborhood protests and

citywide rallies, and the final service cuts were much less extreme than originally expected. Unfortunately, the state bail-out money which helped stave off last year's cuts, is now gone, and there is little hope of rescue from the state this time around.

The library commission plans to ask the mayor for mercy, but, with every other city department in the same fix, prospects are grim.

Asked why the Noe Valley branch would be spared when so many others faced closing, library chief of branches Karen Scannell cited "strong neighborhood identification" with the branch. In other words, the people of Noe Valley fought long and hard to keep their library, and it would be politically dangerous to try to take it away now.

The message seems clear. If you want to keep libraries alive in San Francisco, you're going to have to fight for them. But in the state that passed Prop. 13, in the country that elected Ronald Reagan President, this will be an uphill battle all the way. □

Some Friends in Need

The Friends of Noe Valley opened its community chest last month and awarded grants to four local groups.

In keeping with an annual tradition, the Friends had decided to dole out \$1,600 of their earnings from last year's street fair. After reviewing nine applications for the funds, Friends Grants Committee selected four recipients. The Noe Valley Co-op Nursery School was awarded \$600; Jamestown Community Center's language tutorial program, \$400; the Alvarado Art Workshop, an art program for elementary schools, \$300; and Kids Corner, another nursery co-op, \$300.

Blanket Man Update

Former "blanket man" Liam Carlin, whose story appeared in our November 1980 issue, has returned home to Derry after a successful U.S. tour publicizing injustices at Long Kesh Prison in Northern Ireland. Carlin's visit ended when he was arrested on Nov. 8 at a demonstration in Pittsburgh. He was imprisoned for having entered the country illegally, and then deported to Ireland via London.

"The tour did achieve its goal," says Seamus Gibney, a member of Irish Northern Aid. "Considerable support has been generated for hunger strikers protesting conditions at Long Kesh, and participation in INA has broadened to include trade unionists, politicians, and other influential American groups."

Last winter, the British government agreed to grant the demands of prisoners, thus ending a 53-day hunger strike. The prisoners were called "blanket men" because they refused to wear clothes and instead wore blankets as a protest. Blanket men have charged that the British refused to carry out the terms of agreement, however, and another strike was scheduled to begin March 1.

Irish Northern Aid will continue local support for the prisoners' cause with demonstrations in front of the British consulate; a benefit showing of "The Patriot Game—A Decade-long Battle for the North of Ireland," March 13-14 at the Roxie Theater; and a "walk

SHORT TAKES



Photo by Mikkel Auland

They Came, They Saw, They Remembered

It was History Day at the Noe Valley Library last month, and these veterans were riveted to the old photos, documents, newspaper clippings, and memorabilia on display as part of the neighborhood archives. Residents interested in contributing to the Noe Valley Archives project are invited to attend a meeting March 14, 10 a.m., at the library, 451 Jersey St

for peace and justice in Ireland," at the St. Patrick's Day Parade, March 15.

A Break from B of A

Dick Lewis, coordinator of a youth program called Our House of Concern, reports that the group recently received a \$500 grant from the local branch of the Bank of America. The money will go toward running the Our House office/recreation room located at Jamestown Community Center, 180 Fair Oaks St. near 23rd. Kids of all ages are invited to come check out the facilities Fridays, 4 to 11 p.m., and Saturdays, 1 to 11 p.m.

Do-Re-Mi-Glug-Glug

Take that song out of the shower stall and give it some exposure and fine tuning at the Community Music Center at 544 Capp St.

Registration for the center's spring quarter of instruction will be held Friday, March 27, 2 to 6 p.m., and Saturday, March 28, 10 a.m. to 2 p.m. Classes for new students begin the week of April 6.

The center serves students of all ages and charges fees for vocal and instrumental lessons based on a sliding scale. Some programs such as the San

Francisco Children's Chorus are offered free.

Call 647-6015 for more information and a free catalog of courses

Benefit for Monks

Taung Pulu, leader of the Buddhist group of Forest Monks in Burma, seeks to travel to the United States to lecture and lead meditations. To support the journey for Pulu and several of his fellow monks, an evening of music and entertainment will be presented Saturday, March 7, 7:45 p.m., at the Noe Valley Ministry, 1021 Sanchez St.

Among several instrumental soloists for the evening will be Valerie Samson, playing Chinese violin. Mitchell Hal will bring on his Sunflower Puppet Theatre for the kids, and a group of musicians collectively known as Stir Fry will perform jazz. The Jung Mai Dancers will be there, executing classical and folk dances of various far eastern origins.

Admission is by \$4 donation. For more information, call 648-7831.

In the Green Room

Celebrating St. Patrick's Day can mean more than extra trips to the liquor store or laundering those spicy green socks. An appropriate rite of this season can be viewing some fine locally-produced Irish drama.

The Irish Theatre Company, headed by Noe Valley resident Frank Ahern, is presenting the world-renowned Irish comedy "The Playboy of the Western World" by John Millington Synge.

Mary Rose McMaster, a player in a historic rendition at the first International Theatre Festival in Paris, is the director of this production at San Francisco State University's McKenna Theatre.

With performance time at 8 p.m., the play will be offered March 14-15 and March 21-22. Price of admission is \$5 general, and \$2.50 for seniors, students and children.

Beef Heads

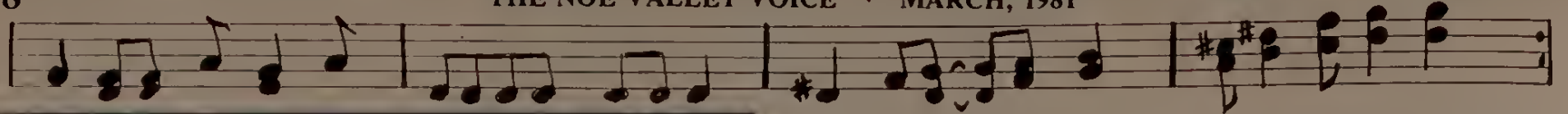
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Jazz Upbeat...

Continued from Page 1

faith in this big kite in back of you. With me, it's the same way with singing, especially a capella."

"Major influences?"

"My family has had the greatest influence on me. I remember even when I was in my crib, hearing the classics and my father singing. He's a singer, my mother is a singer, my sister is a singer. Outside of my family, it's mainly the AM-FM radio." Pause. "Charles Ives and Keith Jarrett have been musical influences. And Fred Astaire."

"Fred Astaire?"

"When I was a child, I wouldn't miss any movies he did, and I think it was his joy of dancing and his rhythmic concepts that were fascinating, but I didn't realize that until I got older."

McFerrin will spend most of March in New York, then return to San Francisco. June promises to be exciting because he is featured in this year's Newport Jazz Festival and, near the end of the month, his wife will be having their first child.

"The number one priority in my life is to create a good living space for my family," he says. "My career is important because it enables me to become a complete person. But being happy, serene and having a continuing good relationship with my wife and family is the most important thing."

All in the Family

Michele Hendricks, who lives on 24th Street, is a singer with a rich musical heritage and a growing following of her own. She is relaxed and friendly and laughs easily and often.

Vaguely reminiscent of Sarah Vaughn, with a bit of Ella Fitzgerald, her voice has a richness and depth rarely

found in singers her age. She is 27. When she performs, she demonstrates a great deal of technical sophistication, and seems alert and in control, never totally abandoned to the song.

Her father is Jon Hendricks of Lambert, Hendricks and Ross, a singing trio of the 1950s and '60s that popularized a kind of vocalized jazz called "scat."

One of Jon's special talents was writing intricate lyrics for the instrumental arrangements of Duke Ellington and Count Basie. The trio would then sing the lyricized horn parts with support from their own band.

"My father jokes about trying to find a replacement for Lambert, Hendricks and Ross and finally finding one

Continued on Page 9



A highlight of Michele Hendricks' singing career was a performance last year at Carnegie Hall with "Hendricks, Hendricks, Hendricks and McFerrin." Locally, she frequently sings at Cadell Place in North Beach and Bajoue's at Valencia near Hill Street.



Pianist Mark Soskin wants to be "totally immersed in the jazz scene," so he's decided to head for the Big Apple where there's "just more happening" in his field.

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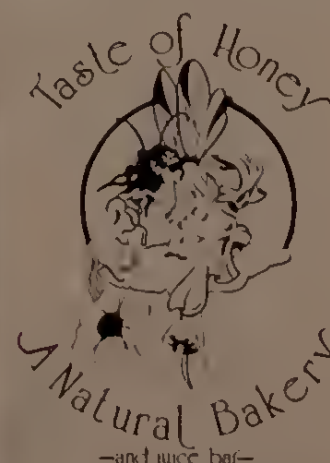
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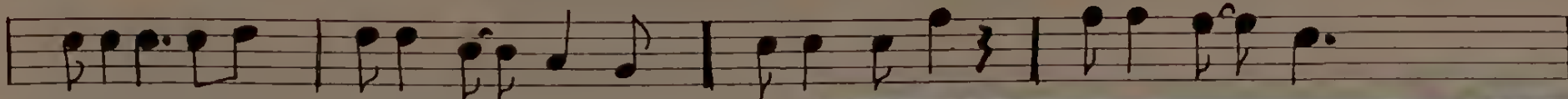
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Continued from Page 8

in his own kitchen. My mother's a soprano, I'm an alto, my father's a tenor, and my brother is a bass. We were just made to order."

Her family has been the most important influence on Michele's musical career, but there are others. "Al Jarreau was a big influence for a while because he wasn't bebop. He's jazz, but a little more free. And Bobby McFerrin is an influence because he's doing things with his voice that I've never heard anyone do before."

"Do you have ambitions to stardom?"

"Of course, of course, of course, but of course. Fame and fortune, I'll take it, I'll take it all."

"Actually, if I could just have steady gigs in nice rooms where people come to listen to me, that would be

enough. I don't need to be a superstar. Just let me work."

Michele played Carnegie Hall last year, and considered it a nice room, if somewhat imposing. "I was nervous," she says. "I couldn't hear the chord changes and I thought it was going to be terrible. At rehearsal, I couldn't sing it, and couldn't sing it, and then we got on stage, and I still couldn't sing it. To this day I can't sing that song. But for once, the critics didn't seem to notice, so maybe it wasn't so bad."

Musical Chairs

The consensus among local jazz musicians is that San Francisco is a hard place to make a living, and if you want to shoot for the big time, New York City is the place to be.

Pianist Mark Soskin, recently of Glen Park, has found the lure of the Big Apple too strong to resist. Even after recording an album with Fantasy Records (called "Rhythm Vision") and touring the U.S. and Japan with the well-established Sonny Rollins, Soskin found that he "wanted to be totally immersed in the jazz scene," most of which, he says, is in New York.

"I feel bad about leaving San Francisco. I really like it here, but for me there is just more happening in New York. I don't know what it's like to make a living playing other kinds of music, but with jazz it's really hard. In New York, it's also hard, but there is just more of it, more places to play."

For Michele Hendricks, who visits frequently, the Big Apple is inspiring because of its atmosphere and because "there are so many wonderful people playing there all the time. It's like going to school for me."

Soskin doesn't think there's a trend toward leaving the Bay Area to head for Manhattan's shores. "People are constantly coming and going," he says. "A friend of mine who's a bass player and grew up in New York just moved out here. My decision is not part of a trend,



Photo by Irene Kane

Local resident Tom Copi has made a career out of photographing jazz luminaries. His pics can be seen in a wide variety of music publications as well as in the "Jazz All-Stars" calendar, which he produces himself.

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Photo by Dan M. Laughlin

Jim Grantham and Nighthbird cooked up some lively sounds at a Sunday afternoon concert at the Noe Valley Ministry last month. The group performed as part of a weekly showcase of local talent called "Noe Valley Jazz."

except perhaps for me."

Besides, indications are that opportunities for jazz performers are improving in San Francisco. Bajone's, a jazz club on Valencia Street, draws consistent praise as a place where musicians are treated with respect and paid relatively well. Bajone's has jazz every night of the week and, according to Soskin, has been responsible for keeping much of the local scene alive.

Cadell Place in North Beach has also become recognized as a place where performers can play in nice surroundings and be guaranteed enough money to make it worthwhile.

Salonics on 24th Street recently obtained a permit to have live jazz on Saturday nights and Sunday evenings. A program called Noe Valley Jazz has begun a series of Sunday afternoon concerts at the Noe Valley Ministry. The series is jointly sponsored by the Ministry, City Arts magazine, and Grandfather Productions, and offers recital-style performances by Bay Area musicians. Presently, almost every Sunday afternoon until May is booked with

performers representing a wide spectrum of the contemporary sound (see Calendar, back page).

"It seems that jazz is becoming more popular in Noe Valley, and I hope it continues to grow," says Tom Copi, a Noe Valley resident and photographer specializing in jazz/musicians.

Copi produces a calendar called "Jazz All-Stars" and sells photographs to a wide variety of jazz-related publications. His work keeps him in close touch with musical currents around the world.

"We have the opportunity to listen to some great jazz musicians in San Francisco," he says, "and we shouldn't pass it up."

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Review

By Glenda Ganny Carroll

RUNNING FREE by Joan L. Ulliot, M.D.
G.P. Putnam & Sons, New York. 287 pages.

San Francisco's well known running doctor/writer is running and writing again. Dr. Joan Ulliot has followed up her first successful how-to book, *Women's Running*, with *Running Free*.

Dr. Ulliot, who specializes in exercise physiology, speaks with directness and wit to all runners, whether they be once around Stow Lake joggers or mighty marathoners.

The new book is based on thousands of letters Ulliot has received, some in response to "Housecalls—Sports Medicine for the Active Woman," a column she

writes for *Women's Sports Magazine*.

Any woman who has waded through the mumbo-jumbo and technical jargon of other running books is often left with some basic questions, like: Should I run if I'm pregnant? What kind of bra should I wear? What are the chances of divorce if my husband doesn't run? Can I start jogging at age 50? Does long-distance running lead to infertility?

Ulliot's answers to all these questions are honest and revealing.

As inspiration for the non-athlete, there are 10 profiles of ordinary women who started jogging after age 30. The ringier is Eula Weaver, who started at 80 years old. Now in her 90s, she is still at it and, according to Ulliot, "looks lean, healthy and sparkling."

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Community Crosstalk

Outraged and Afraid

On the evening of Dec. 21, two male friends and myself, a female, were threatened and brutally accosted in a laundromat at Church and 29th Streets near our homes. The security that I had felt as a resident of outer Noe Valley has been shattered and replaced with the terror of a violent young man who shares our neighborhood. It is my duty to warn you, my neighbor, of this danger that threatens our safety.

While I did my laundry, my boyfriend (D.) walked to the J-Line Bar on 30th Street for a beer. As he entered, his way was blocked by a drunken young man who asked if he was a "fag." When he refused to stop or answer, he was punched and kicked, forcing him to leave. He returned to the laundromat quite shaky, where I had been joined by B., a friend and neighbor who was also doing his laundry. D. had just finished telling us what happened when his assailant from the J-Line burst in the door. Although the three of us tried desperately to reason with him, he was determined to harm D. It made no difference to the attacker that we were a couple. He had decided that I was a "dyke." We were alone in the laundromat and frightened.

When the attacker lunged forward to hit D. in the chin, B. spotted a knife strapped to the thug's leg. Realizing the seriousness of the situation, B. and D. pushed him out the door and held it closed. The attacker then picked up a bottle and smashed one of the large glass windows facing Church Street. He threatened to "cut us" and to go get his friends from the J-Line.

By now we were shouting for help, hoping a neighbor or passerby would hear us and call the police. No one responded, not even the silhouetted figures I saw pressed against windows across the street, watching the scene. (I am still shocked that no one helped us.) For 20 minutes we dodged flying glass and screamed for help. Finally, someone in a car heard the breaking glass and stopped to investigate the commotion. His arrival frightened the attacker away.

After the police came, we filed a report. A search of the J-Line failed to turn up the assailant. We believe he is a local resident and we urge you to look out for him. He is between 18 and 20 years old, about 5'5" with short dark hair and a heavy build. On the night of the assault, he was wearing a gray jacket and a baseball cap. If you have any information about this attack or the suspect, please contact the police immediately. I am outraged and I am afraid.

The irony is that all three of us are heterosexual. Also, this experience has only encouraged me to stand by the gay community.

A Noe Valley Resident

EDITOR'S NOTE: Community Crosstalk is an open forum for Voice readers. Submissions of up to 750 words must be mailed by the 15th of the month preceding the month of issue. The Voice reserves the right to edit material received. Our address is 1021 Sanchez St., San Francisco, CA 94114.

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You're More Than What You Eat

By Seph Weene

"I'm too fat."

"I can't have any—I'm dieting."

"I don't know what came over me yesterday. I ate twelve donuts in a row!"

Sound familiar? Talking about weight and eating is commonplace, especially among women. But the social banter is merely the top layer of a concern that can go very deep.

For many people, food presents problems so overwhelming that they cannot even talk about them. Feeling out of control when eating, seeing food as an adversary, frequently eating without physical hunger—these are all symptoms of compulsive eating.

Up to now, this modern, perhaps typically American problem has been treated only in the context of weight control. Marian Joycechild and Judith Rosen, two feminist therapists based in Noe Valley, offer group and individual counseling dealing with compulsive eating that, they say, can actually end the problem.

Getting thin is not the goal of their approach, but it is often the result. Instead of a diet plan, the counselors offer a woman the chance to break her addictive relationship to food and develop a self-concept that does not depend on how fat or thin she might be. Fat is an issue, but fat is not the problem. Women of all sizes and weights are preoccupied with eating and body image. They easily become "stuck" in an endless cycle of alternate bingeing and dieting, stuffing and starving.

Submerged Needs

Rosen and Joycechild added work with compulsive eaters to their feminist

counseling practice about two years ago, after reading the book *Fat Is a Feminist Issue* by Susie Orbach. The book made them aware of the significance of "all that worrying about food and eating, which had always been one of those things you just didn't talk about."

The mental exercises suggested in the book helped them both make positive changes in their own eating habits and self-images. They began to see compulsive eating as a serious issue, especially for women.

"For a woman, what she looks like determines her value; success is being attractive," says Rosen. "Women so often have no sense of autonomy," Joycechild adds. "They've learned to disown thoughts and feelings that are not acceptable for women—such as anger, assertion, self-interest, sexuality, independence."

They experience a sense of deprivation that becomes confused with hunger. Eating does not satisfy their real needs, but it keeps them submerged and numbs the pain.

Fear of Gobbling

Compulsive eating behavior patterns are full of paradoxes. Often, eating provides an element of control in a life that is being defined by other people's needs. Feeding herself abundantly is one thing a woman can do for herself. At the same time, she experiences loss of control when she eats: she sees food as luring her, as having power over her.

The compulsive eater's attitude toward fat is also equivocal. Consciously, she rejects her fat or, if thin, desperately fears becoming fat. Unconsciously, she

welcomes it. One of the premises of the counselors' work, and of the book that inspired it, is that gaining weight is a subconscious, but deliberate act. The meaning the fat takes on is different for every woman. It's always extremely personal and buried deep inside.

A participant in one of the therapy groups stressed how important it had been for her to uncover these feelings. "Discovering the purposes that my fat has served, exploring and accepting those things, is the beginning of finding other ways to take care of those needs."

The biggest paradox of all is that a woman who is a compulsive eater does not really enjoy the food she eats, according to the two counselors. She never lets herself experience stomach hunger, and guilt takes over after eating. A lifetime of anxious bingeing and rigid dieting has made food an enemy. Said Rosen, "Compulsive eaters are terrified of food."

Both therapists stress that reclaiming the pleasure of eating is a critical step. "The first thing we do," Joycechild said, "is to eat what we want, to experience pleasure." "It's letting yourself feel that it's okay to enjoy food, even though you're fat," her partner added.

When the women in the group let themselves enjoy eating again, "they learn that they're not going to gobble up everything in sight, because they can have it when they need it." Once they know they are not going to deprive themselves, group participants give up both dieting and bingeing, and become normal eaters.

Rosen and Joycechild are pleased with their results so far. "It really works. Consistently, we have women come to group after a while and say, 'I didn't eat much this week. I just wasn't hungry.'"

Group Encouragement

Ending the fear of food breaks the cycle. It is replaced with an internal sense of being in control. Joycechild summed up: "The women recognize and accept that their eating has been a way of surviving emotionally. They know they're working on other ways now and that they don't have to lose weight until they've found those other ways to take care of themselves. It's just the total opposite of a quick weight-loss plan. It's going to the foundations of who you really are."

While they do individual feminist counseling as well, the two group leaders feel the group approach is especially effective, since contact with others is often a big problem for compulsive eaters. Women with the problem experience such guilt and shame around eating that just being in a place where it is safe to talk about it is very supportive.

The group member with whom I spoke agrees: "Being in the group represents a commitment to working on this problem. The work we do helps me explore the issues, and seeing other people's success in dealing with the same problems is very encouraging."

The work includes different types of exercises, from in-group guided fantasies and paired interactions to such "homework" as practicing saying "yes" to something and "no" to something else. Groups meet for two hours, once a week. There are both day and evening sessions, and a typical group consists of six to eight women.

If you are interested in joining a group or wish further information, contact Judith Rosen or Marian Joycechild at Feminist Counseling Associates, 285-0262. □



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Overheard at the library's open house for Noe Valley History Month: two elderly women commenting enthusiastically on the old photos featuring early scenes of the neighborhood. They began pointing things out to each other as memories of vanished landmarks came flooding back, and one of them exclaimed, "Look at this one, Edna! Remember the old Bank of America at the corner of Castro and Market?" "But Mary," reminded her friend, "the Bank of America's still there, and it hasn't changed a bit." "Oh, yes," answered Mary, sounding disappointed.

We're all for peace, love and understanding, but the bumpersticker on the mammoth blue van parked in front of Pyramid Realty was too much. "Have you hugged your realtor today?" it read. We'll pass unless it's a new method of downpayment.

It's now official. Famed walker/journalist Margot Patterson Doss strolled through Noe Valley last month for the *Ex-Chron's* "Sunday Punch" and pronounced our neighborhood "still neighborly." She was pleased with the "helpfulness and courtesy" of shopkeepers here and, in tribute, many of 24th Street's merchants have cut out and posted her article.

Scoutleader Barbara Hopkins had planned a swimming outing for her Girl Scout troop for Arbor Day, March 7. But when she heard a neighborhood treeplanting project was scheduled for the same day, she proposed to her scouts that they substitute urban landscaping for swimming. Faced with a choice between aquatic frolicking and soil tilling, the troop declined her invitation. "I guess their priorities aren't the same as mine," shrugged Hopkins philosophically. "I'll have to get them involved in the next treeplanting." (Hopefully, on a day when all the pools are closed.)

and now for the RUMORS... BEHIND THE NEWS

"Two for dinner?" the well-groomed waitperson inquired of the young man and his 5-year-old boy. "Well, I don't know," the father hesitated, reaching for his straying son. "Have the prices gone up much?"

The Acme Cafe re-opened Feb. 11 with new rough-finish pine paneling, quarry brick flooring, blue-checked tablecloths, and the same prices it posted before remodeling. Only the \$1.85 hamburger had come up in the world. It now goes for \$2.50.

Many Acme regulars expected a healthy price increase now that they're being seated by a new dress-alike staff, but so far the landmark restaurant is holding the line.

We definitely miss the holey spool tables, one of the most creative wallpaper jobs in decorating history, and the "leisurely" service by off-duty punk artists. But Rosie's Flauta is still one of the best eats on 24th Street.

(The Acme wasn't always like this. A Noe Valley resident recalls how she was once served a salad so organic a worm was found nestled among the lettuce leaves. When she politely pointed out to the waitress the less than delectable entree, she enthusiastically replied: "Far out!")

"Sounds of San Francisco," a regular feature of radio station KYUU, will soon air the sounds of Noe Valley. At last month's library open house, the show's host, Jim Metzger, circulated through the crowd with his tape recorder. He interviewed old-time residents, those neighborhood stalwarts who are bound to have some choice things to say. Tune in to 99.7 FM the first week of March, when the Noe Valley show will be broadcast. The feature is on three times a day: noon to 1 p.m., 6 to 7 p.m., and midnight to 1 a.m.

The coffee business in the valley must be booming. Michael Guest, owner of Cameo Coffee on 24th near Sanchez, has bought Noe Valley Tacos, and is expanding its hours to include breakfast. The lunch/dinner menu will remain the same, but with the planned addition of charcoal steaks in the near future.

Stuffed animals must be hot items, too. The bears and bunnies at The James Company on Church Street have been multiplying so rapidly that the owner has acquired a second location, this time on 24th Street in the spot formerly occupied by Gambit Games. The new store is called Sweet Dreams.

Another change on 24th Street is due at Cork 'n' Bottle, reportedly up for sale. We wonder if it could merge with the gift store up the street and be renamed "Cuties Corks 'n' Quilts 'n' Gifts 'n' Bottles." Har, har.

Praise the detergent and pass the croissants. The Noe Hill Wash & Dry (at 22nd and Noe Streets) also calls itself a "Lavomatique" featuring "Lavage Rapide." That's nice to know, but we're especially pleased to see the sign reading "La zone verte est reservee pour nos clients!" Comprenez?

Dear Herb, We suggest you start taking reservations: Herb's Fine Foods, where there is often a line out the door on weekends, now has a suggestion box next to its cash register. All suggestions are free, but the gumballs still cost a penny.

Why does this man's head smell funny? Steve Capen, former deejay on KSAN before that station traded in its rock 'n' roll shoes for cowboy boots, is now reporting the news weekday mornings on KFRC, and also launching some projects of his own. He's currently working on a video production called "Spoonful," which will be full of the same kind of comedy vignettes he used to do on KSAN, visually interpreted.

Capen had just washed off his makeup and gold hair dye when he stopped by Finnegan's the other night, which explains the "Roar of the Grease-paint" emanating from his cranium. Some Noe Valley folk were among the actors and extras in a Jamaican travel sequence he shot last month.

Dog gone: A brief ruckus recently erupted at Gibraltar Savings on 24th Street when one woman barked at another woman because she had her dog with her in line. The exchange soon caused the dog to leave in a huff, with mistress following shortly thereafter—but not before she stuck her tongue out at the entire line. Next, please.

"I Was a Copy-Editor and Lived" is the title of the new autobiography by former Noe Valley journalist Victoria J. Colgan, soon to be published by Voice-Over Productions and Private Parties Ltd., Books Division. Ms. Colgan is reportedly copy-editing the last chapters at Happy Vale Sanitarium as part of her occupational therapy cure, which emphasizes the gradual withdrawal from a disturbing job experience.

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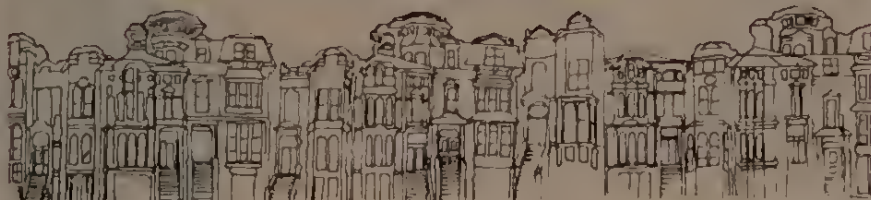
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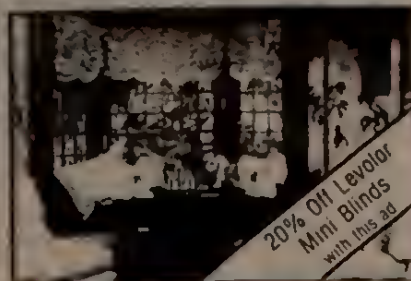
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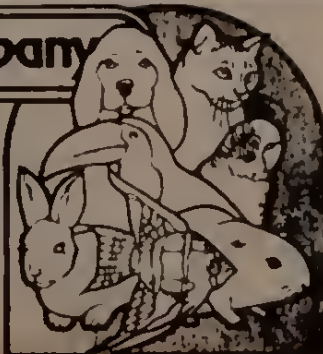
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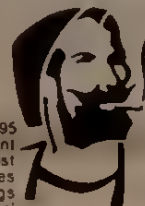
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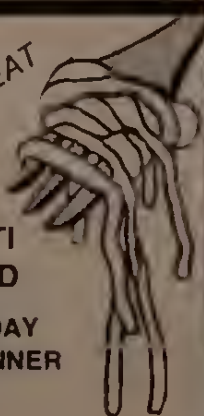
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| March 20 | "The Green Wall," Peruvian film by Armando Robles and "Permutations" (short). |
| March 27 | Renolr's "Boudu"; plus George Melles' "A Trip to the Moon" (short). |

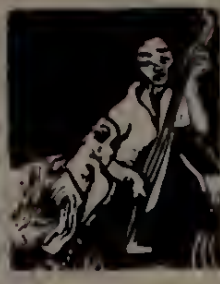
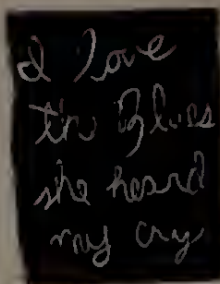
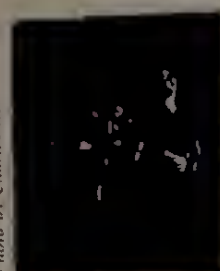


Photo by Charles Kennard



A lineoleum cut by Sherri Smith entitled "I love the Blues she heard me cry" is among the works now on display at The Meatmarket coffeehouse on 24th Street near Castro Street through March 15. The artists in addition to Smith—Debra Aarens, Ana Caminos, Dalison Darrow, Kayanne Pickens, and Larry Rippee—are all employees of The Meatmarket.

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March 1-15: "Unsheltered," a play presented by Theatre Unlimited, ensemble of abled and disabled performers. March 6, 7, 13, 14, 8 p.m. March 1, 8, 15, 3 p.m. The Performance Space, 1350 Waller St. 665-4100.

March 1-31: Display of Zapotec Indian rugs. San Francisco Fiber, 3435 Army St., No. 222. Tues.-Sat., 10:30 a.m. to 5:30 p.m.

March 1-31: Exhibit of works by sculptor Leszek Piatkowski and painter Jack Freeman. Gallery Sanchez, 1021 Sanchez St. Mon.-Thurs., 3-6 p.m.

March 3-31: Group exhibit by Mission Painters Collective. Galeria Museo, Mission Cultural Center, 2868 Mission St. Reception March 3, 7-10 p.m. Gallery hours. Mon.-Fri., 10 a.m. to 8 p.m.; Sat., 10 a.m. to 5 p.m. 821-1155.

March 5: Greek and Israeli Folk Dance course led by Saul Fenster begins at the Noe Valley Ministry, 1021 Sanchez St. Thursdays, 7:30-9:30 p.m. 647-2483.

March 5-April 4: "Cold Storage," S.F. Repertory, 4147 19th St. Previews March 5-8. Thurs.-Sun., 8 p.m. Sun. matinee, 2 p.m. (No matinee during previews.) 863-4859.

March 7: Arbor Day neighborhood tree-planting. Meet at 897 Noe St., 8:30 a.m. 648-3557.

March 7: Sixth Annual Day in the Park for Women's Rights. Golden Gate Park Bandstand.

March 7: Annual meeting of S.F. Association for Gifted and Talented. Speaker: Dr. Carolyn Walker, director of Stanford Learning Assistance Center. Mission High School, 3750 18th St. 9:30 a.m. to 12:30 p.m.



Photo by Judith Allen

"Four Photographers," an exhibit of black and white and color photos, will be held at the Noe Valley Public Library March 4-27. The participants, all members of the Bay Area Women's Photography Workshop, are Judith Allen, Karen Bennett, Aysche Ozbekhan and Linda J. N. Winvey.

An opening reception will take place Saturday, March 21, 4 to 6 p.m. at the library, 451 Jersey St.

March 8: "Super Bingo" at St. Paul's Church, 221 Valley St. Doors open at noon. Games start 2 p.m.

March 8: Sneak preview of film documentary about SFPD recruitment of lesbians and gays, presented by Gay Outreach Program. Proceeds benefit 1981 recruitment drive. 250 Castro St., Apt. 3, 2-5 p.m. 775-1000.

March 8: Celebration of International Women's Day. Women's Building, 3543 18th St., 2-6 p.m. 431-5840.

March 8: Concert by violinist Lani King, violist Ah Ling Neu and pianist Roxanne Michaelian, performing works by Brahms, Mozart, Hindemith, Enesco, Milhaud. Community Music Center, 544 Capp St. 4 p.m. Free.

March 9: Community meeting on rape prevention, sponsored by Friends of Noe Valley Neighborhood Safety Committee. Speakers from S.F. Women Against Rape and SAFE project. All welcome. Noe Valley Library, 451 Jersey St. 7:30 p.m.

March 11: Midwives' slide presentation of home-oriented births. Homecoming Clinic, 80 Vicksburg St., 8 p.m. 821-9134.

March 14: Noe Valley Community Archives meeting for those interested in sharing experiences and/or volunteering time for

history projects. Noe Valley Library, 451 Jersey St. 10 a.m. to noon. 285-2788.

March 14: "A Night in Ireland," evening of dance and entertainment. Music by Declan Mulligan. St. Paul's Church auditorium, 221 Valley St. 7:30 p.m.

March 14-15: Balinese dance and music performed by Gamelan Sekar Jaya. Victoria Theatre, 2961 16th St. Sat., 8 p.m. Sun., 2 p.m. 658-3763 or 285-2034.

March 17: St. Patrick's Day.

March 22: Alain Naude presents a Master Class in piano at Community Music Center, 544 Capp St. 10 a.m. to 5 p.m. 826-8670 or 469-0251.

March 23-May 30: 10-week dance workshops in beginning and intermediate jazz, beginning ballet and exercise. Beth Abrams Dance Studio, 3435 Army St., Suite 208. 282-6177.

March 26: Public meeting on formation of Noe Valley mediation board, sponsored by Community Board Program. James Lick Middle School, Noe and 25th Streets, 7:30 p.m.

March 28: Noe Valley Arts Forum presents cellist Burke Schuchmann in concert. Noe Valley Ministry, 1021 Sanchez St. 8 p.m. Donation.

March 29: Lent potluck at St. John's Lutheran Church, 3126 22nd St. (at Capp). 5:30-7 p.m. Guest speaker: Father Miles Riley.

Please send Calendar items before the 15th day of the month preceding month of issue to the Noe Valley Voice, 1021 Sanchez St., San Francisco 94114.

ONGOING EVENTS

BETHANY UNITED METHODIST CHURCH, 1268 Sanchez St., 647-8393

- Worship celebration, Sun., 10 a.m.
- Choir rehearsal, Sun., 9:40 a.m.
- Children's ministry, Sun., 10 a.m.

JAMESTOWN COMMUNITY CENTER, 180 Fair Oaks St., 647-6274

- After-school programs for youth in arts and crafts, animal care, tutoring, library, films, recreation for boys and girls, field trips, gymnastics, dance. Monday-Friday, 2:30-5:30 p.m.
- Employment and career guidance for youth. Monday-Friday, 9 to 5.
- Lunch for seniors. Mon., Tues., Wed., Fri., Sun. Noon.
- Sewing classes. Mon. and Fri., 9-12 a.m.
- Self-defense for women. Tues., 7:30-10 p.m.
- Women's volleyball. Wed., 7-9 p.m.
- Bingo. Thurs., 7-10 p.m.

NOE VALLEY MINISTRY, 1021 Sanchez St., 282-2317

Daily:

- Word and meditation, 8 a.m.
- T'ai Chi exercise, 8:30-9:15 a.m.
- Noe Valley Co-op Nursery School, 9-12:30 a.m.
- Draft registration/C.O. counseling. 282-2317 or 826-1069
- Paideia University, 221-1112.
- Dance/movement therapy by appointment. 864-0911. Fee.

Sunday:

- Overeaters Anonymous, 9-10 a.m. 824-2914.
- Noe Valley Ministry worship celebration, 10 a.m.
- Writers Read. 282-2317

Monday:

- Jazz exercise, 6:15-7:30 p.m. 282-5835. Fee.
- "Language of the Body," 7-10 p.m.

Tuesday:

- Noe Valley Junior Girl Scouts, 3:30-5 p.m. 285-2648.
- Escrima (Philippine martial arts). 756-6443. Fee.
- Men's drop-in, 7:30-9:30 p.m. even Tuesdays. Fee.
- March 17 and 31. Community Square Dance, 7:30-10:30 p.m. Fee.

Wednesday:

- Prenatal support group/body awareness, 10-noon. 731-1970. Fee.
- After-school program for children, 3:30-5 p.m.
- Yoga, 6-7:30 p.m. 648-1050. Fee.
- March 4. Ash Wednesday supper and service, 6:30 p.m.

Thursday:

- Jazz exercise, 6:15-7:30 p.m. Fee.
- Greek and Israeli folk dance, 7:30-9:30 p.m. 647-2483. Fee.
- "Thursday Evening." March 12: 1021 Sanchez St., 7:30 p.m. March 26: 38 Hoffman St., 7:30 p.m.

Friday:

- Noe Valley Cinema, 8 p.m. 469-8890

Saturday:

- Liturgy study, 9 a.m.
- T'ai Chi Chuan, 10-11:30 a.m. Fee.
- Body awareness, 11 a.m.-1 p.m. 282-2214. Fee.
- March 14: Lent retreat.

NOE VALLEY LIBRARY, 451 Jersey St., 285-2788

- March 1-31: Exhibit of Four Women Photographers.
- Community Garden Workdays. Call for schedule.
- Preschool Story Hours. Tues., 10:30 a.m. and 1:30 p.m.
- Story Hour for Older Children. Thurs., 4 p.m.

OUR HOUSE OF CONCERN, 180 Fair Oaks St., 282-3398

- Youth recreation and self-help program. Hours: Fri., 4-11 p.m.; Sat., 1-11 p.m.

S.F. HOME HEALTH SERVICE, 22S 30th St., 285-S615

- Bingo for seniors. Sat., 1-3 p.m.

NOE VALLEY SENIOR CENTER, 1021 Sanchez St., 282-2317

- Hot lunches served 1 p.m., Tues. and Thurs.
- March 5: Film program.
- March 10: Speaker from Public Health Dept. on "Coping with Stress."
- March 12: Speaker on geriatric mental health. Legal assistance.
- March 17: Presentation by Ron Finley, U.C. Dept. of Pharmacy.
- March 19: Films and celebration of March birthdays.
- March 24: Blood pressure check.
- March 26: Bingo.

OPTIONS FOR WOMEN OVER FORTY, 3543 18th St., 431-6405

- March 4: Women's Personal Problem Solving Group, 1-3 p.m.
- Women Over 40 Experimental Theatre. Call for details.
- Sunday Brunch, 11 a.m.-1 p.m.
- Job information service.

ACTION FOR BETTER LIVING FOR THE ELDERLY (ABLE) 944 Market St., 788-2253

- Weekly discussion on forming creative, extended family households. All ages, mature adults welcome. Call for schedule.

VETS CENTER, 1708 Waller St., 386-6726

- Vietnam-era veterans outreach program. Walk-in weekdays, 9 to 5.
- One-on-one counseling, employment listings, rap groups, referrals.

S.F. WOMEN'S HEALTH CENTER, 14 Precita Ave., 282-6999

- Women's health classes, workshops, referrals. Hours: Mon., Wed., 10-3. Tues., 12-5. Thurs., 12-4:30. Fri., 10-noon.

EUREKA THEATRE CO., 2299 Market St., 863-7133

- Through March 28: "Mary Barnes." Thurs.-Sun., 8 p.m.

NOE VALLEY JAZZ, 1021 Sanchez St., 282-2317

- All concerts 2 p.m.
- March 1: Eddie Marshall Quartet (with Eddie Henderson).
- March 8: The Curtis Ohlson Group.
- March 15: Joachim Young Trio.
- March 22: Chris Amberger Trio.
- March 29: Dave Ginsberg Quintet.

SALONICAS, 4026 24th St., 285-6272

- "Swing" jazz by the Time Zone Trio. Sat., 8-12 p.m. Sun., 4-8 p.m. No cover.